



# IT'S A FACT

## YOUR COMPUTER WORKSTATION MAY NEED A FOOTREST

You need a footrest if your feet do not rest flat on the floor after your chair has been properly adjusted and you are seated all the way back in the chair.

### Your footrest should be:

- Adjustable in height and inclination.
- Designed so it does not restrict leg movement.
- Easy to remove.
- As wide as your hips.
- Large enough to support the soles of both of your feet.
- Covered with a nonskid material to reduce slippage.



Several footrest models can move while your feet are resting. The slope responds to the movement of your ankle and alters slightly in height as your foot moves. This allows some leg and foot movement that may help counteract the negative effects of sitting. Leg and foot movement increases circulation in the lower extremities.

As a quick *temporary* fix for a footrest, use old phone books or binders.

This fact sheet is a product of the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) Ergonomics Program, providing installation-level ergonomics services, consultation, and training for the U.S. Army. If you have questions, need assistance, are looking for training, or want to schedule an assessment of your workplace, contact a USACHPPM ergonomist at 410-436-3928 or [ArmyErgonomics@amedd.army.mil](mailto:ArmyErgonomics@amedd.army.mil).